**Title**: Review on Wearable Antennas and Circuits: Materials, Designs, Applications and Future Direction.

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**Abstract:** Biomedicine and radio frequency (RF) engineering have changed the way we monitor our health through soft, wearable technology. These devices must be extremely flexible, safe for the body, and function well. So, we're updating existing electronic components, such as sensors and antennas, to meet these requirements. A lot of research has been done on this recently. This review will look at novel materials for flexible, efficient wearable technology, as well as improved designs to make them even more effective. We'll also discuss how these devices are employed in medical sensing and what may come next in this field**.**

**Keywords:** Biomedical Sensing, Epidermal Sensors, Implanted Sensors, Flexible/soft Antennas, Wearable Electronics, Flexible Conductors.

DOI: 10.1109/PEEIACON63629.2024.10800498